

USDA National Nutrient Database for Standard Reference Release 28

Basic Report 03127, Babyfood, vegetables, spinach, creamed, strained

Report Date: October 27, 2015 02:12 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 240g	1 tbsp 15g	1 oz 28.35g	1 jar 113g	1 jar Gerber Second Food (4 oz) 113g
Proximates							
Water	g	89.60	215.04	13.44	25.40	101.25	101.25
Energy	kcal	37	89	6	10	42	42
Protein	g	2.50	6.00	0.38	0.71	2.82	2.82
Total lipid (fat)	g	1.30	3.12	0.20	0.37	1.47	1.47
Carbohydrate, by difference	g	5.70	13.68	0.86	1.62	6.44	6.44
Fiber, total dietary	g	1.8	4.3	0.3	0.5	2.0	2.0
Sugars, total	g	2.33	5.59	0.35	0.66	2.63	2.63
Minerals							
Calcium, Ca	mg	89	214	13	25	101	101
Iron, Fe	mg	0.62	1.49	0.09	0.18	0.70	0.70
Magnesium, Mg	mg	55	132	8	16	62	62
Phosphorus, P	mg	54	130	8	15	61	61
Potassium, K	mg	191	458	29	54	216	216
Sodium, Na	mg	49	118	7	14	55	55
Zinc, Zn	mg	0.31	0.74	0.05	0.09	0.35	0.35
Vitamins							
Vitamin C, total ascorbic acid	mg	8.7	20.9	1.3	2.5	9.8	9.8
Thiamin	mg	0.015	0.036	0.002	0.004	0.017	0.017
Riboflavin	mg	0.104	0.250	0.016	0.029	0.118	0.118
Niacin	mg	0.216	0.518	0.032	0.061	0.244	0.244
Vitamin B-6	mg	0.075	0.180	0.011	0.021	0.085	0.085
Folate, DFE	µg	61	146	9	17	69	69
Vitamin B-12	µg	0.06	0.14	0.01	0.02	0.07	0.07
Vitamin A, RAE	µg	227	545	34	64	257	257
Vitamin A, IU	IU	4170	10008	626	1182	4712	4712
Vitamin E (alpha-tocopherol)	mg	0.83	1.99	0.12	0.24	0.94	0.94

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0	0	0
Vitamin K (phylloquinone)	µg	196.7	472.1	29.5	55.8	222.3	222.3
Lipids							
Fatty acids, total saturated	g	0.702	1.685	0.105	0.199	0.793	0.793
Fatty acids, total monounsaturated	g	0.332	0.797	0.050	0.094	0.375	0.375
Fatty acids, total polyunsaturated	g	0.133	0.319	0.020	0.038	0.150	0.150
Cholesterol	mg	5	12	1	1	6	6
Other							
Caffeine	mg	0	0	0	0	0	0